

# Medtronic Child Care Center Menu

## December 2nd, 2019

Requirements	Breakfast Select 3 Food Groups Grains/bread Juice/fruit/vegetable Milk/fluid	Morning Snack Select 2 of 4 groups Milk/fluid Juice/fruit/vegetable Grain/bread Meat/meat alternative	Lunch Select 5 Food Groups Meat/meat alternative Vegetable/fruit Grain/bread Milk/fluid Extras	Afternoon Snack Select 2 of 4 groups Milk/fluid Juice/fruit/vegetable Grain/bread Meat/meat alternative
Monday	Life Cereal Applesauce Milk	Banana Whole Wheat Crackers w/Sunbutter Water	Roast Turkey Wild and Brown Rice Pilaf Steamed Peas Pears Milk  Veg Option Grilled Portobella Mushroom	Blanched Carrots Ranch Milk
Tuesday	Cheesy Scrambled Eggs Hashbrowns Orange Slices Milk	**Whole Wheat Mixed Berry Muffin Milk	**Chicken And Vegetable Lo Mein Steamed Broccoli Mandarin Oranges Milk  Veg Option **Vegetable Lo Mein	**Graham Cracker Applesauce Water
Wednesday	Kix Cereal Banana Milk	**Mini Bagel Cream Cheese Jelly Milk	Butternut Squash Soup Whole Wheat Grilled Cheese Sandwich Steamed Broccoli Diced Pineapple Milk  Veg Option Same	Spinach Smoothie **Pita Triangles Water
Thursday	Cinnamon Oatmeal Apple Sauce Milk	Greek Yogurt Granola Water	Breakfast Pizza Steamed Green Beans Diced Melon Milk  Veg Option Parmesan Roasted Polenta Cake	**Whole Wheat Banana Bread Milk
Friday	Cheerios Grapefruit Slices Milk	Black Bean Quinoa Salad Milk	**Baked Chicken Tenders Sweet BBQ Sauce Steamed Corn Watermelon Milk  Veg Option **Veggie Burger Whole Wheat Bun	**Whole Wheat Crackers Cheese Stick Water/Milk

Local and Hormone Free Milk and Dairy from Hastings Creamery

All Beef and Turkey Hormone Free

\*Water is provided throughout the day

\*Whole Milk for Children 2 & under \*Skim or 2% Milk for Children over 2

\*Whole wheat item must be provided every day

Prepared by:

